

Heritage Center

February

NEWSLETTER

2009

A RECREATION CENTER FUNDED AND OPERATED BY MURRAY CITY DEDICATED TO ENHANCING THE QUALITY OF LIFE FOR ADULTS AGE 55+.

Services Offered

- Arts & Crafts
- Cultural Programs
- Daily Lunch
- Educational
- Exercise
- Health Services
- Information & Referral
- Recreation
- Socialization
- Transportation
- Travel
- Volunteer Opportunities
- Open Monday through Friday 8:00-4:30

You can help reduce costs at the Heritage Center

Like everyone else during a time of economic hardship, the Heritage Center is trying to tighten its belt and cut back on the amount of waste and expense. This month I'm passing along tips to help reduce waste and spending with paper products. You will notice washable (plastic) cups are now available for use with water and ice instead of the styrofoam cups used for coffee. When getting a cup of ice or water, please use the plastic cups instead of styrofoam. When finished, place the cups in the kitchen where the trays and plates go and they will be washed for use again. The styrofoam cups should only be used for hot drinks and it is helpful if you use the same cup for refills. You are welcome to bring containers for take out food instead of purchasing a styrofoam container. It is also helpful to ask the kitchen for a cloth if you spill something on your table instead of using a stack of napkins. You can help us cut the expense on napkins by taking one with your meal instead of 2 or 3. We also recycle aluminum cans. Place cans in specially marked recycle garbage cans.

Another area the Center sees heavy use of paper products are the paper towels in the restrooms. You will notice automatic paper towel dispensers have been installed in all restrooms. Please try to use one paper towel from the automatic dispenser instead of picking up two or three from the counter. You are also welcome to use the automatic hand dryers located on the wall instead of paper towels.

Thank you for your help in conserving these products as we try to cut expenses.

-- Susan H. Gregory, Director

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INSIDE THIS ISSUE ARE DESCRIPTIONS OF UPCOMING PROGRAMS, CLASSES, AND SERVICES.
KEEP THIS COPY AS A REFERENCE FOR YOURSELF AND OTHERS. ONE COPY PER FAMILY PLEASE.
DONATIONS TO HELP COVER THE COST OF THIS NEWSLETTER ARE APPRECIATED.

Advertisements

The Heritage Newsletter accepts sponsors who are eager to convey their message to our audience and to support production of this publication. Camera-ready copy is required and must be received by the 10th of the month preceding publication.

Rates, based on a one issue insert:

\$200 full page

\$100 half page

\$50 1/4 page

\$25 1/8 page

Multi-issue discounts are available. Request a rate card by calling or writing the Center:

Heritage Center
#10 E. 6150 S.
Murray UT 84107
801/264-2635
fax 801/685-9140

The Heritage Center assumes no liability nor takes any responsibility for the products and/or services offered through the Newsletter. In addition, copy accepted for publication does not involve or imply endorsement on the part of the Heritage Center.

Personal notices are charged the rate of 50¢ per line per issue.



Special Accommodations

Persons needing special accommodations to participate in activities at the Center are requested to inquire at the front desk. The Center will make every effort to assist hearing, vision, or physically impaired participants if notified at least three working days in advance of the need. □

Heritage Newsletter

This newsletter is produced monthly by the Heritage Center staff and is available to center participants. The Heritage Center is funded and operated by Murray City.

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Newsletter Cost

The suggested donation for this publication is .75¢. Subscriptions are available for \$18 per year and mailed to your home. □

Notary Available



Susan Gregory, Heritage Director, is a Notary and available to sign documents that need to be notarized. Susan is not always available so appointments are encouraged. □

Stamps/Copies/Shredder

The Front desk has stamps for sale by the book or a single stamp. You can also get a copy made at the front desk for 10¢ per page. Copies are limited to 10. A shredder is available at the front desk. □

Gifts

Gift certificates are available for any program offered at the Center. A one day notice is needed for gift certificates. If your son, daughter, grandchildren, or friends don't know what to give you for your birthday, suggest a gift certificate, a credit on your Heritage account, or a week supply of lunch coupons. □

Credit Cards



The Heritage Center accepts Visa and Master Card for activity payments at the Center. Credit cards may be used to make reservations for classes and activities over the phone or in person. □

COMPUTERS...COMPUTERS...COMPUTERS...COMPUTERS...COMPUTERS

Computer Classes

The computer lab has 6 personal computers with Windows XP, CD burner, Microsoft Word, Corel Word Perfect and Internet access.

Computers are available during open lab time when classes are not being held. There is no charge to use the computers during open lab time (printing is .5¢ per page.). The instructor computer located in the front of the room also has the program R/C Flight Simulator installed for flying enthusiast.

February Schedule:

Basic I

Class for the person who is still a beginner with either using the computer or using windows. A brief outline is available at the front desk. Tues., Thurs., Feb. 10, 12, 17, 19, 24, 26 - 10:15-11:30. Cost is \$15.

Basic Excel

Learn the basics of excel in this four session class. Must be familiar with the computer to take this class. Wed., Fri., Feb. 11, 13, 18, 20 - 12:30-2:00. Cost \$15.

Basic Email

Set up a free Yahoo email account and learn how to communicate with friends and family. Mon., Wed., February 2, 4, 9:00-10:00. Cost is \$5.

Basic Internet

Learn how to surf the world wide

web in this two session class. Tues. Thurs. February 10, 12, 9:00-10:15. Cost is \$5.

Individual Help

Sign up for a one on one lesson with volunteer instructor Bill Park. Sign the interest list at the front desk and we'll arrange a time that works for everyone. The cost is \$5.

Other Possible Classes:

Sign the interest sheet at the front desk if interested in any of the following to be offered in February:

*Basic II - 6 sessions

*Basic III - 4 sessions

Keyboarding - 4 sessions

*Intermediate Email - 2 sessions

*Flyers - 2 sessions

*Movie Maker - 5 sessions

Intro to Scanners - 1 session.

*Music on the computer - 1 session.

*Greeting Cards - 2 sessions.

*Genealogy - 4 sessions.

Classes with the * astrict require a prerequisite of Basic I or computer knowledge of using a mouse and navigating around in windows before taking the class. □

Quick Tip - Take a Screen Snapshot

Press Print Screen to take a snapshot of the whole screen or ALT and Print Screen for just the current window, then paste it into an image editor such as **Paint** or save it as a picture file. □

Computer Lab

The Computer Lab is for anyone who would like to surf the web, practice what they've learned in class or those who need access to a computer. Computers are available for use anytime a class is not being held or movie shown.

Glen Werner is available on Wednesday and Friday from 9:30-11:30 to answer questions. □

HUGS - Heritage User Group for Seniors

The Heritage User Group for Seniors (HUGS) would like to invite you to attend the monthly meeting on **Wednesday, February 11 at 1:30.**

Thank you Tom Manak, HUGS volunteer, for arranging the great speakers. The group meets every month on the second Wednesday at 1:30 p.m for a presentation and swapping information. No fee, the club is free!□

**FIRE/POLICE
APPRECIATION LUNCH
MON., TUES., WED.,
February 9, 10, 11
Join us for lunch
and say Thanks**



HEALTH SERVICES

Blood Pressure & Glucose Checks
Every Thursday - 10:00-12:00



February Clinics

Toenail Clipping

Thursday February 5 @ 9-11

Blood Testing

Thursday February 19 @ 9-11

Memory Class

Thursday March 12 @ 1:00

New!
**Blood Pressure
and Glucose Checks
now on Fridays
(as well as Thursdays)
from 10:45 - 11:45
Starting in February**

Toenail Clipping

Thursday, Feb. 5



Thursday, February 5 is the Center's next toenail clipping clinic. All those who are 55 years or older (except diabetics and those on blood thinner) are welcome. Applegate Home Care provides the service every other month from 9-10:30. The fee is \$5 a clipping. Appointments are required, and can be made at the front desk. Payment is due when you make the appointment. □

Thursday, February 19 from 9:00-11:00

Blood Testing

Blood testing will once again be offered **Thursday, February 19** at the Heritage Center from 9:00-11:00 and appointments are needed. Appointments can be made starting February 5. IHC will only draw your blood on February so that specific tests can be ran in the hospital lab. Test results will be mailed out 1-2 weeks later. You choose which screening you would like the day of the testing. For thirty five dollars testing includes a Comprehensive Metabolic Panel, a Lipid Profile, and a Complete Blood Count. For an extra fifteen dollars you can include a Prostate, or a Thyroid test. Payment is made the day of testing and checks should be made out to IHC.

Cholesterol is one of the fat-like nutrients that is transported in your blood. It helps to build cell walls and make hormones. Excess cholesterol enters the blood stream when we eat foods that contain cholesterol such as meat and dairy products. Cholesterol becomes trapped on the coronary arteries and builds up over time when too much cholesterol is in our blood stream. The clogged artery will not let nutrients and oxygen through to the heart. With out the nutrients and the oxygen, the result is chest pains, heart attack, or sudden death.

Common causes of high cholesterol include genetics and fatty foods. Foods that are high in saturated fat include beef, whole milk, most cheeses, meats (ham, sausage, bacon), butter, and ice cream. Some better alternative include turkey and chicken breast, fish, skim milk, 1% cottage cheese, margarine, wheat pasta, brown rice, and light popcorn.

Other potential problems evaluated by blood testing include bone disorders, like osteoporosis, kidney and liver functions, gallbladder disease, dehydration, red blood cell disorders, and prostate cancer. Who is at risk for cancer? The answer is everyone. According to the American Cancer Society, in the United States 1 in 2 men and 1 in 3 women have a lifetime risk of developing cancer. In 1997 there were 2,130 deaths among Utahans due to cancer. In 1999 it was estimated that 100 of those deaths were from prostate cancer. For more information on cancer call the American Cancer Society at 1-800-227-2345 or the National Cancer Information Service at 1-800-4CANCER. □

EXERCISE...EXERCISE...EXERCISE...EXERCISE...

AEROBICS-LOW IMPACT

Tuesdays & Thursdays

9:00-10:00

Becky Clark - instructor

\$15 per month, punch pass, or \$3

STRENGTH CONDITIONING

Tuesdays & Thursdays

2:00-3:00

\$15 per month, punch pass, or \$3

Newcomers must attend the orientation at 1:30 on February 3

TAI CHI

Tuesday & Thursday

10:30 - 11:30

Michael Dussere - instructor

\$15 per month, punch pass or \$3

LINE DANCING

Tuesday Beginners

2:00-3:00

Tuesday Everyone

10:15-11:45

Shirlene Lundskog - instructor

\$1.50 per class

NIA

Mondays & Friday

9:00 - 10:00

Sadie Perkins & Sharon Daurelle-
instructors

\$20 per month, punch pass, or \$3

CHAIR A-ROBICS

Wednesdays and Fridays

11:15-11:45 Free

Lucy Tibolla - instructor

YOGA

Wednesdays 10:15-11:15

Jane Wallace-instructor

\$10 per month, punch pass, or \$3

OPEN EXERCISE ROOM

Open for use daily

\$5 per month or \$1 per visit

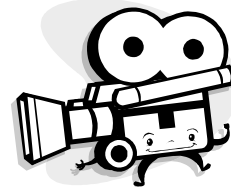
Visit 12 times in one month and
get one month free! Treadmill,
Recumbent Bike, Hand & Leg
Weights, Weight Machine.

RECREATION...REC...

Mondays at 1:00 - FREE

Monday Movies

Monday
movies are
shown in the
dining room or



computer lab on the large screen.
Movies begin at 1:00 and the pop-
corn is free! Be in your seat by 1:00,
bring a friend, and enjoy the show.

Feb 2 - *Kitt Kittredge* (2008) G.

'Kit Kittredge: An American Girl'
centers around a young girl living in
the struggles of the Great Depres-
sion. 10 year old Kit lives in a
boarding house her parents own in
Cincinnati, Ohio. She has a passion
for writing, & dreams of having
something of hers put in the local
paper someday. With the help of her
friends, Sterling & Ruthie, will her
dream finally come true? 101 min.

**Feb 9 - *The Duchess* (2008) PG-
13.** A chronicle of the life of 18th
century aristocrat Georgiana, Duch-
ess of Devonshire, who was reviled
for her extravagant political and per-
sonal life. 110 min.

**Feb 23 - *Ghost Town* (2008) PG-
13.** Bertram Pincus, is a man whose
people skills leave much to be de-
sired. When Pincus dies unexpect-
edly, but is miraculously revived af-
ter seven minutes, he wakes up to
discover that he now has the annoy-
ing ability to see ghosts. 102 min.

*Movie titles subject to availability. □

Aerobics - Tuesday, Thursday - 9:00

Aerobic is a fancy word for needing oxygen. Aerobic exercise is any kind of activity that makes your muscles use oxygen. When you do an aerobic activity you are bringing in oxygen to all of your muscles. This causes your heart to become stronger. The actual number of blood cells increases so the blood can carry even more oxygen. Even your blood moves more easily through the blood vessels. All of these things means that your body works more efficiently to keep you healthy. You will also find that exercising becomes easier, and physical activity becomes less tiresome. Join our Aerobic class every **Tuesday and Thursday from 9-10**. Do not forget that your heart is a muscle, and that it looks to you for the aerobic exercise it needs. □

Have you tried the new indoor shuffleboard table located in the Pool room?

CLASSES...CLASSES...CLASSES...CLASSES...CLASSES...CLASSES

Tuesdays at 12:45

Craft Day

Over the past year several classes have been presented at the Center which focused on traditional hand-craft techniques including quilling, weaving, crocheting and others.

A small group of the students from these activities continue to meet on **Tuesday** afternoons at **12:45** to share their skills and knowledge of these crafts and chat about things that are important in their lives. □

Tuesday, February 17 & 24

Craft Class - Tote Bag

On **Tuesday, February 17 and 24** at 12:45 the craft class will learn how to make a simple-to-sew bag that offers six slender exterior pockets for each of your hard-to-find items.

Choose three favorite prints, wild or mild. You'll need 1/4 yard for the straps, and 2/3 yard of each of the other fabrics, plus 2 rectangles of thin, firm batting, each 10 1/4 x 14 1/2".

There is no need to pre register, just come on February 17 with your supplies. □

Wednesday, February 11 at 10:30

Common Problems found in Real Estate Transactions and Info on Reverse Mortgages

This presentation deals with specific examples of problems related to the following facets of real estate transactions: Planning and preparation, general familiarity, Representation, Financing/Mortgages, Title and Closing, Ownership and Maintenance (and the implications for overall estate planning), and Taxation and tax ramifications.

The presentation will also address the advantages and limitations of reverse mortgages. Why reverse mortgages are both good and bad, depending on individual circumstances. The purpose of this class to answer questions, clarify crucial issues, and minimize the number and severity of future "situations" involving these areas of concern.

Advanced registration is required for this class. A minimum of ten people is needed to hold this class, so bring a friend, neighbor, or coworker with you and learn more on real estate issues. □

Wednesday, February 18

Let's Talk - Reading and Discussion Group

Like to read? Join Let's Talk for a lively discussion with volunteer Charlotte Cox on **Wednesday, February 18 at 1:00**. There is a recommended one time donation of \$5 to help with shipping costs. The discussion books come from the Utah Humanities Council Lending Library. Check books out at the front desk. **Books need to be returned no later than the first Friday after the discussion date.** Participants are responsible for all lost books. February 18 - Farewell, My Lovely by Raymond Chandler. This gritty, well plotted and brutally realistic, novel depicts the lowlife of the City of Angels in the 30s and 40s. They feature tough guy Philip Marlowe, the archetypal private eye who spawned countless imitators.

March 18 - Song of Solomon by Toni Morrison. Awarded Best Novel of the Year by the New York Times Book Review, this novel explores sources of strength in a multi-generational black American family. □

Memory Class - Thursday, March 12 at 1:00

Mark Fox, a therapist from the IHC Senior Clinic will be giving a presentation on Memory March 12. The presentation will cover memory loss, what it means, and what to do to help yourself remember things.

Many people worry about becoming more forgetful. They think forgetfulness is the first sign of Alzheimer's disease. This class will teach new retrieval techniques to access our stored memories. Free-no reservation needed. □

CLASSES...CLASSES...CLASSES...CLASSES...CLASSES...CLASSES

Friday, March 6, 13, 20, 27, April 3, 10 from 9:00-12:00

New Painting Class - Water or Oil - Cost \$20

A six week painting class is being offered and starts on Friday, March 6 from 9:00-12:00 noon. The cost is \$20 and a minimum of 8 people are needed to hold the class. Sign up and pay by the end of February to ensure the class will be held. Both water and oils will be taught by Sophia Esterman.

Sophia was born and raised near Washington, DC. She recently moved to Salt Lake from New York City, where she lived for ten years and taught painting, worked as an illustrator, and did printmaking for herself and other artists. Sophia studied art at Columbia University and studied art for many years before and beyond school as well. She has studied printmaking, watercolor, egg tempera, and oil painting technique from classical to contemporary. She illustrated a children's book, *Now for My Next Number*, which was published in 2007. She was also an Artist in Residence in New Mexico in 2007, and had an exhibition of her work from New Mexico to New York.

Sophia is very excited to begin teaching in Murray. Teaching painting inspires her. She enjoys sharing art with others and always aims to help bring out the beauty each person has to offer. Please be prepared to bring images that you would like to paint to class—personal photographs of people or landscapes are great. If the class is interested, we can also explore working from still lifes to learn about drawing, composition, and color. Sophia can and will work with anyone who is just starting out or has years of experience. All levels of experience in both watercolor and oil are welcome and encouraged to attend the class. If you are new to painting, a supply list is available at the front desk. Come ready to paint on March 6. □

Wednesday, Feb 18 - 8:00-noon

AARP Drivers Safety

This unique program for older drivers is four hours of classroom instruction (8:00-noon) that redefine existing skills and develop safe, defensive driving techniques. The class will be held on one day, **Wednesday, Feb. 18th** from 8:00-noon. The class will be presented by a volunteer instructor for the American Association of Retired Persons.

Students must attend all 4 hours of class to receive a certificate of completion. Sign up at the front desk. Class fees (\$12 for AARP members and \$14 for non members) will be collected at the start of class by the instructor. Please bring your membership number to qualify for the reduced fee. Check with your insurance company to see what discount they will provide if you attend this class. Following class a session in each participant's auto will be conducted to review materials provided in class regarding safety features, procedures, and equipment adjustments. □

Mon/Tues/Thurs 8:30-12:00

Ceramics

The ceramic class operates on Monday, Tuesday, and Thursdays from 8:30 to Noon and contains all the supplies and equipment you will need to produce knickknacks, works of art, and functional pieces such as plates and bowls. The instructor, Cindy Mangone, has information for the beginner to advanced.

The cost to participate is \$1 each time you attend plus supplies. □

Monday, Feb. 2 & March 2 - 11:00

Caring & Sharing Support Group

Caring and Sharing is a support group offered in partnership with Harmony Home Health and Hospice on the 1st Monday of every month at 11:00. The support group offers a unique opportunity for yourself or someone you know to talk about the many experiences faced in life that cause us to struggle. It could be a loss you are dealing with or a challenge you are currently facing. The Caring and Sharing Support Group is here to help you work through the experience. No reservation is necessary, just drop by. □

8 Week Pottery Class
Mondays - 1:00
Begins February 2
\$35 plus tool kit

	MONDAY	TUESDAY
<div>Heritage Center Events</div> <div>February 2009</div> <div>Heritage Center #10 E. 6150 S. (west of State Street) 264-2635 www.murray.utah.gov</div> <div>we are here to serve you Monday-Friday 8:00-4:30 and Thursday until 10:00 PM</div>	<div>2</div> <div>8:30 Ceramics 9:00 NIA 9:00 Email 11:00 Caring & Sharing 12:00 Lunch 1:00 Movie 1:00 Pottery</div>	<div>3</div> <div>8:30 Ceramics 9:00 Aerobics / Haircuts 10:15 Line Dancing 10:30 Tai Chi 12:00 Lunch 12:45 Crafts 2:00 Strength Conditioning 2:00 Beginners Line Dancing</div>
	<div>9</div> <div>8:30 Ceramics 9:00 NIA 12:00 Lunch (Welcome Fire/Police) 1:00 Movie 1:00 Pottery</div>	<div>10</div> <div>8:30 Ceramics 9:00 Aerobics / Haircuts 9:00 Basic Internet 10:00 Outreach Worker 10:15 Line Dancing / Basic I 10:30 Tai Chi 10:45 Sweet's Candy Tour 12:00 Lunch (Welcome Fire/Police) 12:45 Crafts 2:00 Strength Conditioning 2:00 Beginners Line Dancing</div>
	<div>16</div> <div>Center Closed</div>	<div>17</div> <div>8:30 Ceramics 9:00 Aerobics / Haircuts 10:15 Line Dancing / Basic I 10:30 Tai Chi 12:00 Lunch 12:45 Crafts/Tote Bag 2:00 Strength Conditioning 2:00 Beginners Line Dancing</div>
	<div>23</div> <div>8:30 Ceramics 9:00 NIA 12:00 Lunch 1:00 Movie 1:00 Pottery</div>	<div>24</div> <div>8:30 Ceramics 9:00 Aerobics / Haircuts 10:15 Line Dancing / Basic I 10:30 Tai Chi 12:00 Lunch 12:45 Crafts/Tote Bag 2:00 Strength Conditioning 2:00 Beginners Line Dancing</div>
	<div>Welcome Fire/Police Employees on Monday, Tuesday, or Wednesday February 9, 10, 11 for lunch on us. Thanks for all you do!</div>	

WEDNESDAY	THURSDAY	FRIDAY
<div>4</div> 9:00 Email 9:30 Pinochle 9:30 Computer Lab 10:00 Yoga 11:15 Chair A'Robics 12:00 Birthday Lunch 12:30 AARP Tax Service 12:45 Bingo 1:00 Bridge	<div>5</div> 8:30 Ceramics 9:00 Aerobics / Kingsbury Hall 9:00 Toenail Clipping 10:00 Blood Pressure/Glucose 10:30 Tai Chi 12:00 Lunch 12:45 Red Hatters 1:00 Square Dancing 2:00 Strength Conditioning 5:30 Weight Watchers 6:30 Dance Instruction 7:00 Dance	<div>6</div> 9:30 Computer Lab 10:45 Blood Pressure 11:15 Chair A'Robics 11:30 Massage 12:00 Lunch 12:45 Bingo 1:00 Bridge Play
<div>11</div> 9:30 Pinochle 9:30 Computer Lab 10:00 Yoga 10:30 Reverse Mortgages 11:15 Chair A'Robics 12:00 Lunch (Welcome Fire/Police) 12:30 AARP Tax Service 12:30 Excel 12:45 Bingo 1:00 Bridge 1:30 HUGS	<div>12</div> 8:30 Ceramics 9:00 Aerobics / Internet 10:00 Blood Pressure/Glucose 10:15 Basic I 10:30 Tai Chi / 12:30 Lunch 1:00 Square Dancing 2:00 Strength Conditioning 5:30 Weight Watchers 6:30 Dance Instruction 7:00 Dance 7:30 Ute RC Club Meeting	<div>13</div> 9:30 Computer Lab 10:45 Blood Pressure 11:00 VALENTINE'S Entertainment 11:15 Chair A'Robics 11:30 Massage 12:00 Lunch 12:30 Excel 12:45 Bingo 1:00 Bridge Play
<div>18</div> 8:00 AARP Drivers Class 9:30 Pinochle 9:30 Computer Lab 10:00 Yoga 11:00 Attorney 11:15 Chair A'Robics 12:00 Lunch / 12:30 Excel 12:30 AARP Tax Service 12:45 Bingo 1:00 Bridge 1:00 Let's Talk <i>Digital TV Only begins today!</i>	<div>19</div> 8:30 Ceramics 9:00 Aerobics / Blood Testing 10:00 Blood Pressure/Glucose 10:15 Basic I / 10:30 Tai Chi 12:00 Lunch 12:45 Red Hatters 1:00 Square Dancing 2:00 Strength Conditioning 5:30 Weight Watchers 6:30 Dance Instruction 7:00 Dance	<div>20</div> 9:30 Computer Lab 10:45 Blood Pressure 11:15 Chair A'Robics 11:30 Massage 12:00 Lunch 12:30 Excel 12:45 Bingo 1:00 Bridge Play
<div>25</div> 9:30 Pinochle / Computer Lab 10:00 Yoga 11:15 Chair A'Robics 12:30 AARP Tax Service 12:45 Bingo 1:00 Bridge	<div>26</div> 8:30 Ceramics 9:00 Aerobics 10:00 Blood Pressure/Glucose 10:15 Basic I / 10:30 Tai Chi 12:00 Lunch 1:00 Square Dancing 2:00 Strength Conditioning 5:30 Weight Watchers 6:30 Dance Instruction 7:00 Dance	<div>27</div> 9:30 Computer Lab 9:30 Kingsbury Hall Trip 10:45 Blood Pressure 11:15 Chair A'Robics 11:30 Massage 12:00 Lunch 12:45 Bingo 1:00 Bridge Play

February 2009

RECREATION...RECREATION...RECREATION...RECREATION...RECRE

Billiards and Indoor Shuffleboard



Pool equipment and indoor Shuffleboard is provided for your recreational enjoyment during the Center's hours of operation. Visit the pool room at the east end of the building and shoot a rack. New players are welcome. □

Pinochle - Wednesday's at 9:30

Pinochle tournaments are held on **Wednesday** mornings at 9:30 am. Players must check in no later than 9:15. No advance sign-up is required. The cost is \$2 and is paid tournament day. Copies of tournament rules are posted on the bulletin board. □



Bridge - Wed/Fri at 1:00

Informal Bridge play (Chicago/Party) is held on **Wednesday** and **Friday** afternoons from 1:00-4:00. Some players arrive early (around 12:30) to practice and start finding first round partners. If an even number of players are not available when the play begins at 1:00 then the last person to arrive will be rotated in or three handed bridge will be played if needed. Copies of bridge play guidelines are posted on the bulletin board in the card room. □

Canasta Games - Tuesdays 11:00 - 2:30



Canasta games are conducted on Tuesdays from 11 to 2:30 with a break at noon for the Center's lunch. Beginners are welcome, all games are free, anyone can join in on the fun.

Birthday Wednesday - Wednesday, Feb 5th

Celebrate your birthday on the first Wednesday of the month and you could win a free lunch. The lunch is on us if you're turning 60, 70, 80, ... this month (just tell the person collecting the money you've hit a new decade.)

Bingo - Wed. & Fri. at 12:45



Bingo is played every **Wednesday** and **Friday** immediately following lunch. Bingo is free and winners receive a \$5 gift certificate to Smith's Grocery or Village Inn Restaurant. Donations are appreciated and used to purchase the certificates and prizes for bingo days. A special *THANK YOU* to Village Inn for donating a pie each week for the elimination bingo game. Stop in for a meal and say thanks. Bingo volunteers needed - see George. □

Tuesdays 10:15 & 2:00

Line Dancing

Enjoy some great exercise, stimulate your brain, and meet friends. **Tuesdays at 10:15** for all dancers and Tuesday afternoon at **2:00** for Beginners. The cost is \$1.50 and is paid the day of class and placed in the box on the stage. The instructor is Shirlene Lundskog who dances with the Sandy Line Dance performing group. □ □

Thursdays 1:00-2:30

Square Dancing

The Center's Square Dance is an activity which features time for beginners (1:00-2:00) as well as dance time for the more experienced (2:00-2:30.) The cost is \$1.50 per day and is paid when you arrive for the activity.

Our caller is Don Carlton, a veteran of more than 40 years of conducting square dance classes and dances. □

1st & 3rd Thursday at 12:45

Red Hatters

The Heritage Center Red Hat Society chapter meetings are held on the **1st Thursday** each month at **12:45** to play BONKO and on the **3rd Thursday at 12:45** to play Hand & Foot. The next meetings are on Thurs., Feb. 5 and 19. Information sheets available at front desk. □

RECREATION...REC



February 13 at 11:00

Celebrate Valentines day with the center on **Friday, February 13** with accordion music from Fiddle Soup. Roger and Ruth will be playing classic love songs on the fiddle and piano. A special valentines lunch will follow at 12:00 with sweetheart Turkey Breast with a raspberry sauce, honey do you love me carrots, dill kissed smashed potatoes, red velvet cake, and chocolate covered strawberries. Lunch is a regular sign up.

Have you told someone lately how much you enjoy their company, enjoy their friendship, or how much you care about them. Valentines Day is the perfect opportunity to let someone close to you know how much you care. □

THURSDAY EVENING...THURSDAY EVENING...

Thursday Evening Center open until 10:00 PM

The Center is open until 10:00 PM on Thursday evenings. Enjoy the computer lab, billiard room, exercise room or dance to the music of Tony Summerhays. Scheduled programs listed below:

Weight Watchers --Join the Heritage Center Weight Watcher Group on Thursday evenings at 5:30 PM with group leader Kim Evans. Cost of the 12 week program is \$113. You may join the group at any time and members from other locations and Lifetime members are invited to join the group. For further information contact the Center at 264-2635.

Evening Social Dance -- Dance to the musical genius of Tony Summerhays each Thursday night from **7:00-10:00 PM.**

Cost of this activity is **\$4 per person.** Refreshments will be served during the break and door prizes will be given each week. Advanced registration is not required. Pay at the door.

Each Dance is supported by a sponsoring agency which provides the refreshments and a door prize.

Dance Instruction --This opportunity exists for those who wish to improve their ballroom dance techniques or to learn the specific skills involved in swing, cha-cha, waltz, rumba and others. Ballroom dance instructors Steve and Kathy Rogers will be available at 6:30 to assist those who seek instruction for 30 minutes preceeding the Social Dance. They will also be on the floor during the evening to dance with individuals or couples who could benefit from personalized instruction. Admission to the dance is \$4 and includes the instruction provided by the Rogers.

Remote Control Aircraft Club --The Ute Radio Control Association will meet at the Center on **Thursday, February 12th**, to share flying stories, display member's aircraft, review upcoming activities, and discussed items related to the club's functions. Those interested in Remote Control Flight of aircraft of any type, pilots of any skill level. The club meets on the second Thursday of every month. □

Travel with friends...

Center Trips



-- EACH PERSON MAY REGISTER FOR
THEMSELVES AND NO MORE THAN ONE
OTHER PERSON FOR EACH TRIP --

Tuesday, March 10 - 8:30

Wendover

Travel to Wendover on **Tuesday, March 10 at 8:30** and enjoy a day at the Rainbow Casino. A chartered bus has been scheduled for the trip and the **cost is \$15** per person and includes transportation, a bonus package from the casino, a buffet luncheon, and free bingo on the bus. Depart the Center at **8:30 am** and return at approximately **7:00 pm**. You may sign up for this trip now. □

Register by phone
with VISA or
MASTERCARD

Tuesday, February 10 - 10:45

Chocolate Hearts? Candy Factory Tour

Join with fellow sweet-tooth friends and travel to the **Sweet Candy Company** for a tour of the factory and a treat or two for your trouble. The Center bus will depart at **10:45** for this 45 minute guided tour of the factory. We will return to the Center at about 1:30. Participants are requested to leave behind all jewelry, purses, hats, and objects which can fall into the machinery and vats of the sweet sticky candy. You will be issued hair nets to wear during the tour. Free tastes will be provided and a gift shop will offer opportunities for the Valentine's Day shopper to stock up on goodies. **Cost is \$3**. You may register for the trip at this time.

Friday, February 27 - 9:30

Kingsbury Hall - Sweet Honey in the Rock

Once again, Kingsbury Hall at the University of Utah is offering free attendance at the educational matinees for senior centers. This performance is *Sweet Honey in the Rock*. The harmonies of six African-American women singing a special blend of blues, jazz, and gospel woven into musical stories.

The Center bus will depart at 9:30 for the 10:30 performance and will return to the center at about 12:30. **Cost is \$3** and you may register for this trip starting Monday, February 9.

The next performance will be April 3 when Jungle Book is performed. □

Tuacahn for Plays Mesquite for Playing

June 9, 10, 11, 12

It is time to clear your calendar and set aside a few days to travel to southern Utah and Nevada to spend two evenings at the Tuacahn Amphitheatre & Center for Performing Arts. The shows for this season are *Annie & Footloose*. We will depart on Tuesday June 9th and stay three nights at the Casa Blanca Hotel in Mesquite, Nevada. **Cost is \$255 each** (double occupancy) and **\$325 each** (single room) and will include round-trip transportation and baggage service, a box lunch enroute to Casa Blanca Hotel & Casino, 2 buffet dinners at the Hotel, 3 Casa Blanca breakfasts, a pre-show dutch oven dinner at Tuacahn on Thursday night, and reserved seat tickets to both musical plays.

You may sign up and pay for this trip starting March 2. A \$50 deposit is required for each participant to register for the trip or you may pay the entire amount at that time. Seating is limited and full payment for all reservations must be received before Friday, May 1st at 4:00 PM. Travellers may register for themselves and one other person. MasterCard and Visa are accepted for in person or phone reservations. The trip itinerary and details will be available at the time of registration. □

MORE TRIPS...TRIPS

Wednesday, February 18 at 9:00

Tooele for Breakfast

Once again the Center bus will be headed to the Tooele Senior Center for the "Best Breakfast in Utah"

The bus will depart the Center at 9:00 on February 18 and return about 1:00 pm. **Cost is \$5** for transportation and the breakfast. Bus capacity limited to 20 participants. Sign up now for this trip.

Mark your calendar

Travel to Logan this summer for Opera

Join us for a summer trip to Logan to watch presentations of *Carmen*, *Camelot*, and *Cavalleria Rusticana & I Pagliacci*.

The Center's bus will depart on **Wednesday, July 15** at 11:00 and return on July 17. Rooms are reserved at Utah State's newly renovated University Inn. **Cost is \$220 each** (double occupancy) or **\$285 each** (single occupancy) for transportation, 2 nights lodging, community tours, and three operas. Meals will be on your own.

Registration will begin on April 1 and \$50 will hold your spot or you can pay the entire amount at that time. Complete details will be available in future newsletters. □

MISC...MISC...MISC...MISC...MISC...MISC...MISC...

Scan your Card or Sign In

Everyone who attends the Center is being asked to scan their participant card or sign in at the front desk. If you forget to bring your card just ask someone at the front desk to "scan" you in with your phone number or last name. Those with cards don't need to sign in but can have someone register them in the computer without their card. Those who don't have cards are the people who are asked to sign the form at the front desk. This helps the Center keep track of how many people utilize the building each day. We can count heads of people in different rooms but this doesn't tell us how many un-duplicated people use the building. The figure with help with many aspects of the Centers operation from grant requests to better planning programs for those who do utilize the building. Thank you for your help in scanning your card or signing in. In December the Center had 457 different people scan their card!

Paid Ad by Olympus Ranch

SERVICES...SERVICES...SERVICES...SERVICES...SERVICES...SERVICES

Tuesday February 10

Outreach Worker

Salt Lake County Aging will be sending an Outreach Worker every month to the center. They will be at the center on **the second Tuesday of every month** at 10:00 to answer any questions you may have regarding county programs, assisted programs, or services in your area. Appointments are required and can be made anytime at the front desk. There is no charge for this service. □

Wednesday February 18

Attorney Consultations

An attorney will be available for free 20 minute legal consultations on **Wednesday, February 18** at 11:00. Appointments are needed and are made at the front desk.

Bring any documents and forms pertaining to the question you may have. The attorney will consult with you and advise you, provide additional services through Utah Legal Services at a later date, or attempt to refer you to other appropriate sources of help. The attorney will not attempt to represent you. □

Transportation

The Center bus runs on Wednesday and Friday to provide transportation for Murray residents to and from the Center. The cost is \$2 a person and advance reservations are needed. First time riders need to complete a brief application. □

Fridays from 11:30-4:15

Massage Therapy

Massage Therapy continues on **Fridays from 11:30 -4:00**. Appointments are required and can be made up to two weeks ahead of time. The cost is \$8 for fifteen minutes, \$16 for a half hour, and \$36 for an hour. Payment is due when you make the appointment. If you cannot make your scheduled appointment time, cancellations must be made 24 hours in advance for a refund.

Thelma L. Baker is a licenced massage therapist specializing in therapeutic massages. You can choose from a hand massage, a foot massage, a seated neck and back massage, or a full body massage. If you have a more specific request, please ask Thelma. She may be able to accommodate you. □

Free Tax Assistance

AARP is providing free tax consultation and preparation for all tax payers with middle and low income, with special attention to those age 60 and older every Wednesday.

Service begins Wednesday, February 4 from 12:30-3:30 and appointments are needed and made up to two weeks in advance.

Please make sure you bring all documents needed to prepare your tax return. □

Tuesdays from 9:00-2:00

Barber Shop is Open

The Center is offering haircuts for men and women on **Tuesday** mornings from 9 to 2. Cost of this service is \$8. Only haircuts and trims are being offered at this time. The barber is Lisa Kesler who has many years of experience cutting hair for Pepe's Barber Shop and Fantastic Sams. Lisa's favorite part of the business is the chance to talk with people, and the advice she gets from her customers.

Haircuts will be scheduled by appointment, every 20 minutes, starting at 9:00 and finishing at 2:00. Appointments and payment are required in advanced. Cancellations need to be made 24 hours in advance for a refund. □

Meet Whitney Ellison - Salt Lake County Health Educator

Whitney will be making regular monthly visits to the Center on **the second Wednesday** of the month just before lunch to get to know participants better, and to stay informed and in touch with what's going on in your lives. Every center is different, and Salt Lake County programs can be beneficial to you in unique ways.

Whitney will also be sharing information about what is going on in the county or elsewhere that may be pertinent to you. Plus she just likes visiting and getting more aquatinted!

Heritage Center Cookbook- February is Salads

Starting in February the Center will be collecting recipes to put into our very own cook book. Every month there will be a particular category. For example February's category will be salads. In the lobby will be a box that you will drop off your favorite recipe with your name on it.

Once all the recipes have been collected, the cookbook will be for sale at the Center's annual boutique. Proceeds from the cookbook will go directly to the Center to help offer all the many different classes and programs you enjoy at the Center. So start digging out all those family favorites. There is no limit to the number of recipes you turn in. □

Thank You Hats for the Homeless

Thank you to everyone who made hats for the homeless this year; the Center was able to donate over 450 hats to the Road Home Shelter.

The Center collects hats year round, and encourage everyone to continue to donate. If you are in need of yarn to make these hats, yarn is available in the same bin where you drop off hats. Remember it does not matter whether hats are hand knitted or made on a loom. For those who would like to purchase a "hat loom" of their own, most craft stores carry them (Zims, Roberts, and Michaels). Thank you to all who have been making hats!

The Center is currently in need of yarn to make hats. If you would like to donate yarn for this worthy cause, please drop it by the Center anytime. □

Fact or Fiction? Scientific American Magazine...

Archimedes coined the term "Eureka!" in the bath. The famed mathematician made many important scientific contributions. Was this exclamation the result of one of them? According to lore, while taking a bath Archimedes discovered that the water his body displaced was an exact measure of his volume - thus his exclamation "Eureka," or "I've found it." Several millennia later, this exclamation is ubiquitous. The first mention of the story, however, was by Vitruvius, a roman writer, 200 years after the event. The answer: Fiction. □

Open Enrollment for Medicare -You Still Have Time To Change

Please join us on **March 11 at 10:30** and learn about the Medicare Open Enrollment Requirements for 2009. You may have one more opportunity to switch or make a change before April 1st. A detailed explanation of this opportunity will be discussed as well as the different parts of Medicare.

A representative and Medicare expert from Sterling Insurance Group will be presenting. This class will include a discussion on all four parts of Medicare including advantage plans, drug plans, as well as the different supplemental plans available.

All those who attended the class will have their Heritage Center lunch paid for by Sterling. If you plan on attending **advance registration is required**. Please call or stop by the Center today. □

Medicare Premiums for 2009 - www.medicare.gov

Part A: (Hospital Insurance) Premium

- Most people do not pay a monthly part A premium because they or a spouse has 40 or more quarters of Medicare-covered employment. The Part A premium is \$244/month for people having 30-39 quarters of Medicare-covered employment. The Part A premium is \$443/ month for people who are not otherwise eligible for premium-free hospital insurance.

Part B: (Medical Insurance Premium - \$96.40/month. If your income is above \$85,000 (single) or \$170,000 (married couple), then your Medicare Part B premium may be higher than \$96.40 per month. □

Salad Bar

\$3-Large, \$1.50-Small

Soup of the day - \$2.00

NO RESERVATION NEEDED

FEBRUARY 2009 - MenuMake reservations by 12:30 the day before by calling **264-2635**

No reservation needed for the Salad Bar or Soup

Lunch served at Noon. Purchase tickets by 11:50 a.m.

Cost is \$3.00 for 55+ - Drinks - .50¢ - Takeout Meals - \$3.50

Monday

Tuesday

Wednesday

Thursday

Friday



No Salad Bar on Mondays at this time.

Soup is available as an option and does not require a reservation.

Please cancel your lunch reservation if you are not able to attend.

Join the Fire and Police Department Employees for lunch on February 9, 10, or 11.

Enjoy entertainment before lunch on Friday, February 13.

Do you have a favorite Salad recipe? Submit it today for the Heritage Cookbook.

CHICKEN & WILD RICE SOUP

2

1/2 Grilled Cheese Sandwich
Ambrosia Salad
Or Fruit**TERIYAKI CHICKEN**

3

Lemon Rice
Pineapple Salad Roll
Trifle or Fruit**TACO SALAD**

4

Birthday Cake
OR Fruit**FISH TACOS**

5

Rice Pilaf
Banana Pudding
Or Fruit**CHICKEN CACCIATORE**

6

Pasta
Green Salad
Breadstick
Gelatin OR Fruit**SPAGHETTI with MEATBALLS**

9

Green Salad
French Bread
Chocolate Creme Cake OR Fruit*Fire/Police Luncheon***SWEET & SOUR PORK LOIN**

10

Fried Rice, Roll
Green Beans
Tropical Napoleon
OR Fruit*Fire/Police Luncheon***MEATLOAF**

11

Mashed Potatoes w/Gravy
Peas, Roll
Apple Pie
OR Fruit*Fire/Police Luncheon***ITALIAN SAUSAGE & TORTELLINI SOUP**

12

Breadsticks
Cookie OR Fruit**SWEETHEART TURKEY BREAST**

13

w/Raspberry Sauce,
Honey do you love me
Carrots, Dill kissed
smashed Potatoes, Red
Velvet Cake & Choco.
Covered StrawberriesPresident's
Day
Center Closed

16

HAM & LENTIL SOUP

17

Green Salad
Roll
Chocolate Cream
Pie OR Fruit**GINGER GLAZED SALMON**

18

Rice, Mixed Veggies
Cheddar Biscuits
Pudding
Or Fruit**BBQ BEEF BRISKET**

19

Roasted Potatoes
Scalloped Corn, Roll
Presidential Cake
OR Fruit**BEEF WELLINGTON CASSEROLE**

20

Mashed Potatoes
Asparagus, Roll
Cookies OR Fruit**BARBACOA BURRITO (Pork)**

23

Green Salad
Cheesecake
OR Fruit**POPPYSEED CHICKEN CASSEROLE,**

24

Green Beans, Roll,
Ice Cream Bars
OR Fruit**BROCCOLI & CHEDDAR SOUP**

25

1/2 Chicken
Sandwich
Chocolate Cake
OR Fruit**CHICKEN ALA KING**

26

Brown Rice
Carrots, Roll
Carrot Cake
OR Fruit**SALISBURY STEAK**

27

Potatoes
Mixed Veggies, Roll
Fruit Crisp
OR Fruit